

# iChoices Wellness Encouragement Program



Participating in iChoices activities is a fun way to improve your overall health and wellbeing. As a reward for participation and hard work, employees can earn points to “purchase” wellness encouragement items. iChoices is offering this reward system as a way to appreciate and recognize your efforts towards health and wellness.

A log is provided to help you keep track of your daily activities. Just enter the date on the log and record your wellness activities for each day. Be sure to submit your activity log to the iChoices Wellness Coordinator each month. When you achieve the desired number of points, come to Suite 1010 to redeem your reward. Once points are redeemed, point accumulation resumes from your leftover balance.

## ***Encouragement Items and Points Needed to Purchase***

<u>ITEM</u>	<u>POINTS</u>
Stress Ball	200
Pedometer	200
BMI Tape Measure	200
Kitchen Scale	300
First Aid Kit	300
Socks (one size fits all)	400
Safety Hammer	400
Level with Toolkit	400
Resistance Band	500
Cup with Straw	500
3 section container w/ utensils	500
Calorie counting jump rope	600
Power Charger	600
USB Car Charger	600
1 G USB Drive	600
Umbrella	700
Blanket	800
Phone Case (black or red)	800
T-shirt	800
Exercise Ball	1000
Exercise Mat	1000
Jumper Cables w/Case	1000